

City of Torrance Sync or Swim Synchronized Swim Team Presents:

For all Swimmers interested
in learning Synchronized
Swimming basics for **FREE!!**

When: Sunday, May 18, 2014

Time: 2:00 - 3:00 p.m.

Where: Victor E. Benstead Plunge
3331 Torrance Blvd.
Torrance, CA 90503
310/781-7113

Come Swim with the City of Torrance
Sync or Swim Competitive Synchronized
Swim Team for **FREE!!**

Learn the basics for Synchronized
Swimming just in time for our Annual
Summer Water Show!!

Come prepared to learn techniques such
as the egg beater, ballet leg, clam, oyster,
back tuck, and sculling.

A short routine by The City of Torrance
Sync or Swim Competition Team will
be performed after!

Bring your towel, caps, and goggles
for a day time event you will not
want to miss.

FOR: Swimmers comfortable in
deep water, ages 7-17.

Coaches and Lifeguards will
be present and on deck at all times.

Parents are welcome to stay and
watch from the observation deck!



The Seahorse Workshop 2014



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"Creating and Enriching Community through People, Programs, and Partnerships"

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